

Self-Attachment VR Intervention:

Data Analysis on Participants' Feedback Diary

Ye Xinyan
Imperial College London

Exercise Structure and Diary Data

Over the 8-week course, participants record what they practice every day, the duration of exercises, then rate their emotions and write comments. Each session is 5-20 minutes, 14 times a week.

	Date	Protocol	Happy photo time	Unhappy photo time	Happy avatar time	Unhappy avatar time	Initial Emotion rating	Final Emotion rating	Ease of use	Comments
	DD/MM	(1 to 20)	(mins)	(mins)	(mins)	(mins)	(-5 to 5)	(-5 to 5)	(-2 to 2)	
1	22/05/2022	11,14	20	0	0	0	-1	1	2	A very pleasant and relaxing time that not only woke me up but gave me the energy to start a new day. My mood shifted from chaotic to motivated.

Feedback from Participants Support Group

August 9

Rachel Bannister

Xinyan Ye
Hi, I am yisiang from Imperial College...
This is great thank you. I've signed up.

👍 XY 14:24

I don't know if this will interest anyone but this morning I was interviewed on BBC Breakfast about MH services. I used some of the SAT techniques before going on air which really helped. 08.19.42 - 08.29.52 <https://www.bbc.co.uk/iplayer/episode/m001b1bl/breakfast-09082022>

BBC iPlayer
Breakfast - 09/08/2022
The latest news, sport, business and weather from the BBC's Breakfast team.

👍 XY 14:30

Lucrèce

Thanks very much! Will test the chatbots in the weekend and give you feedback about it.
@Rachel: great for your interview on BBC and for the useful SAT exercises! Will listen to you!

L ❤️ XY 14:55

Joanna Sheldrake

That is amazing. Paul gilbert is a professional hero of mine as someone who works on a acute intensive support team in mental health care offering an alternative to hospital.

JS ❤️ XY 15:30

September 14

Styliana Polydorou

Hi Xinyan, thank you for sharing your experience. I have almost the same experience as you and I though I was the only one. To be more specific, when I am having sad emotions, my childhood avatar comes to my mind. Then my perspective change and I am starting to think in a more positive way.

SP ❤️ XY 16:13

Rachel Bannister

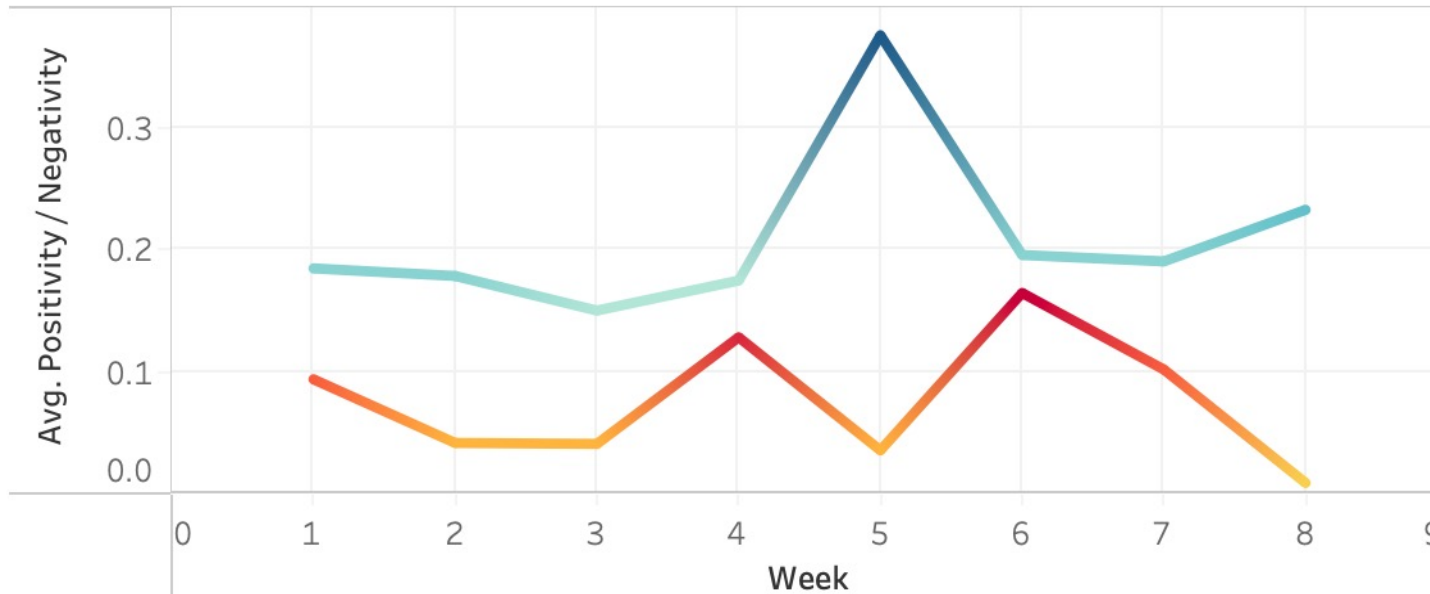
I'm still using my avatar which I find extremely helpful particularly when low mood/anxious.

👍 XY 17:10

Part 1 Emotion of Diary Comments

Strong emotional peaks and valleys in week 5's laughing exercise.

Average Positivity/Negativity of Comments by Week



Part 1 Emotion of Diary Comments

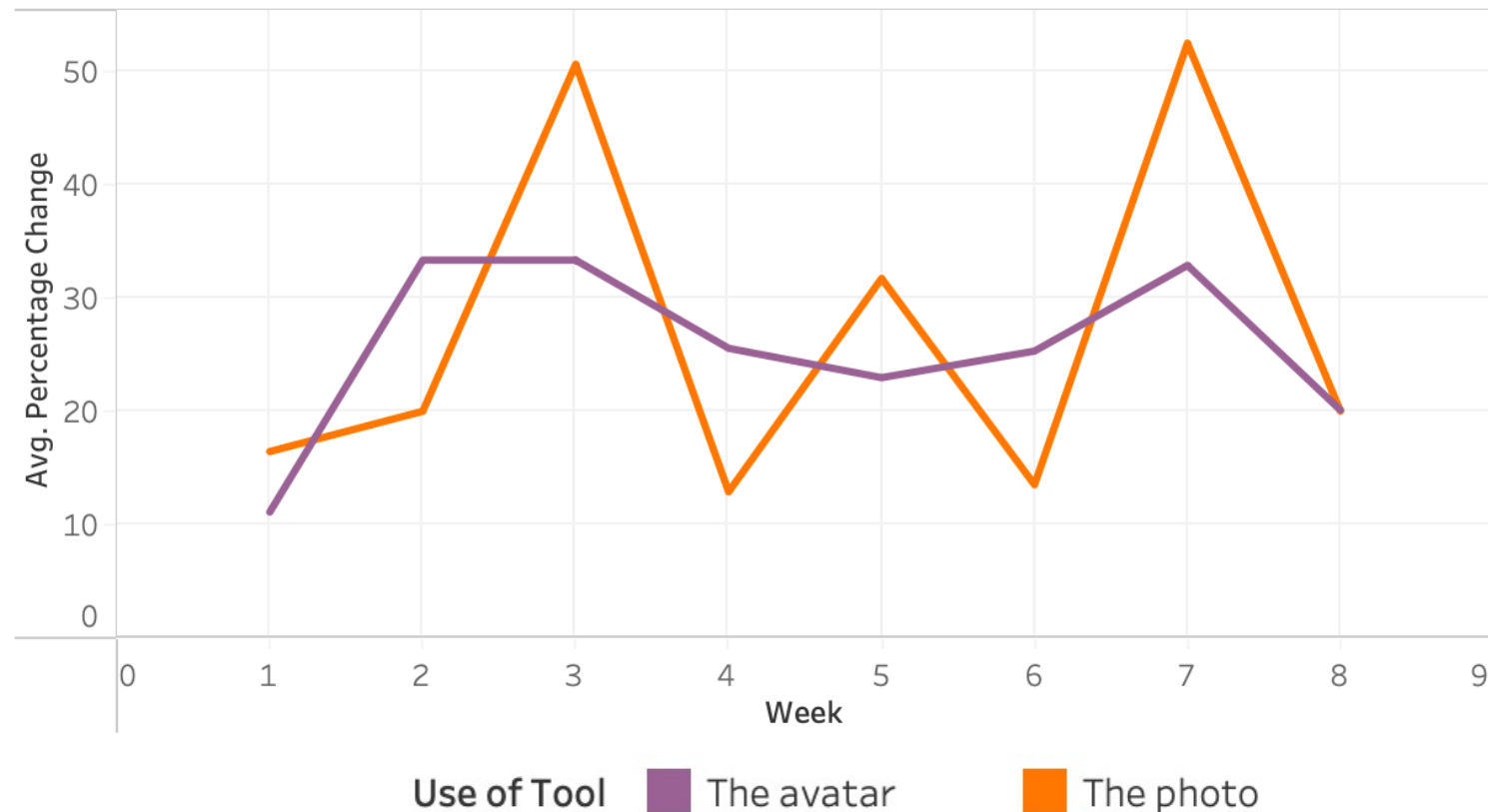
Average Positivity/Negativity of Comments by Date



Part 2 Percentage Change in Self-rating Emotion

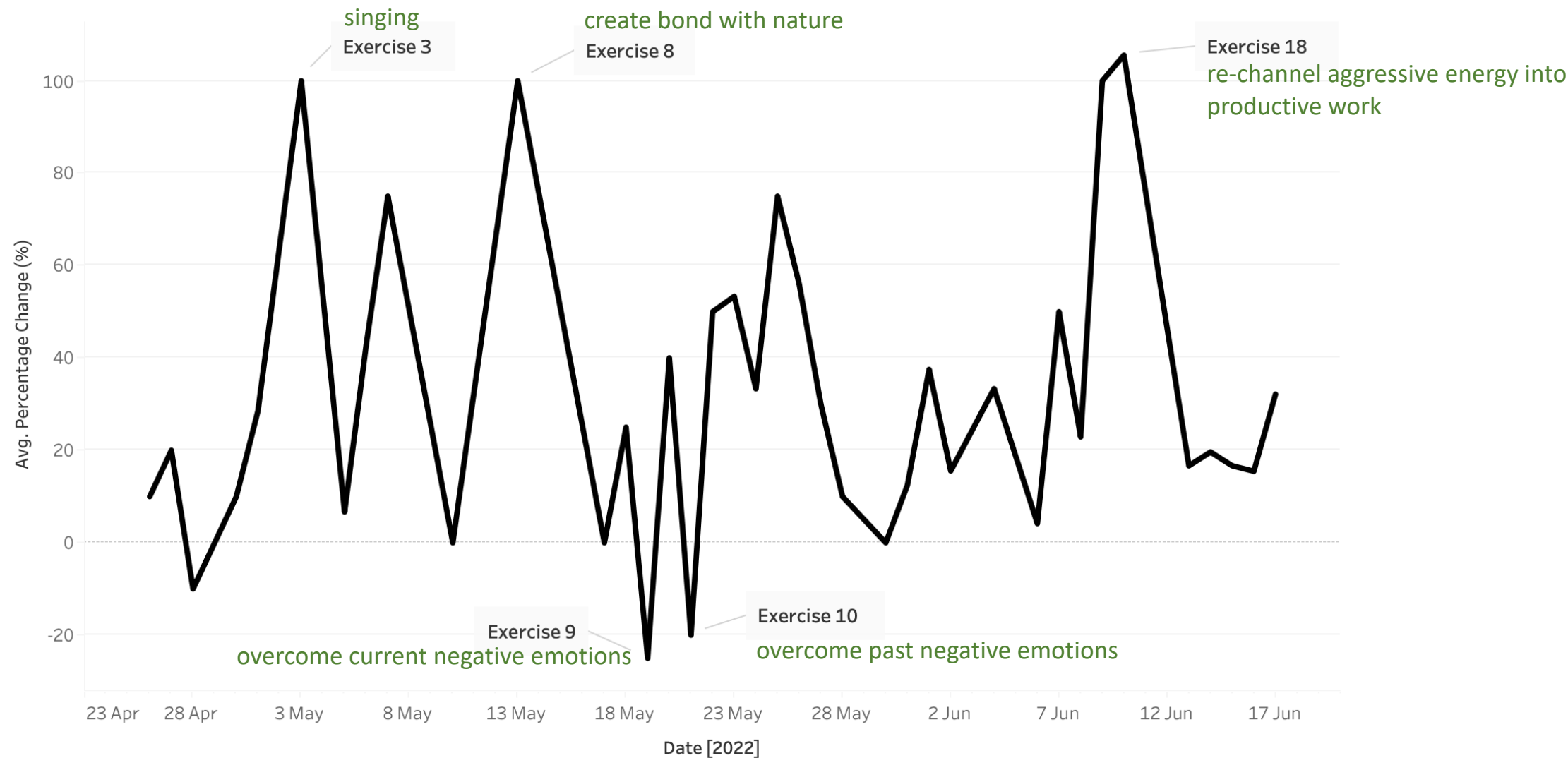
Avatars boost emotion more than photos in weeks 2, 4, and 6. (Exercises include singing, reprocessing pain, and changing perspectives)

Percentage Change in Self-rating Emotion with Photo/Avatar



Part 2 Percentage Change in Self-rating Emotion

Percentage Change in Self-rating Emotion with Date



Part 2 Percentage Change in Self-rating Emotion

Percentage Change in Self-rating Emotion with Exercise

